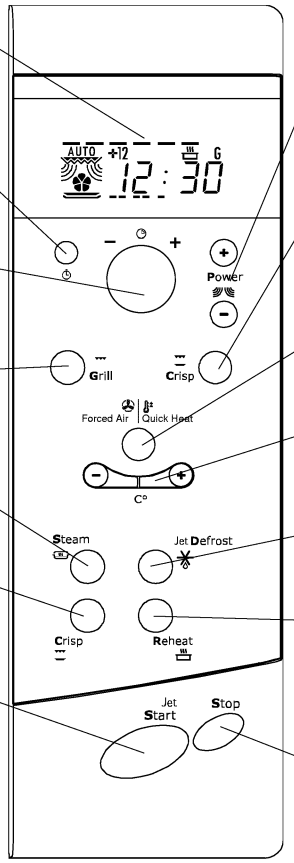
GB MT 68

QUICK REFERENCE GUIDE

CONTROL PANEL



Digital display.
The display includes a 24-hour clock and indicator symbols.

Clock button.
Use to select the 24-hour clock or Independent timer.

Adjust knob.
Use to set the cooking time, time of day or weight.

Grill button.
Use to select the grill function.

6th sense Steam button.
Use to simmer food.

6th sense Crisp button.
Use to crisp convenience foods.

Jet Start button.
Use to start the cooking process or invoke the Jet Start function.

Power button.
Use to set the microwave power level.

Manual Crisp button.
Use when cooking with the Crisp plate.

Forced Air button. Use to select the Forced air / Quick Heat function.

Temperature button.
Use to increase or decrease the temperature.

Jet Defrost button.
Use to select type of food to be defrosted.

6th sense Reheat button.
Use to reheat your ready made foods.

Stop button.
Use to stop or reset any of the oven functions.

JET START FUNCTION

This function is used for quick reheating of foods with a high water content such as; clear soups, coffe or tea.

Press to automatically start with full microwave power level and the cooking time set to 30 seconds. Each additional press increases the time with ½ min. You may also alter the time by turning the Adjust knob to increase or decrease the time.
4:This button also works as a normal start button after setting a function.

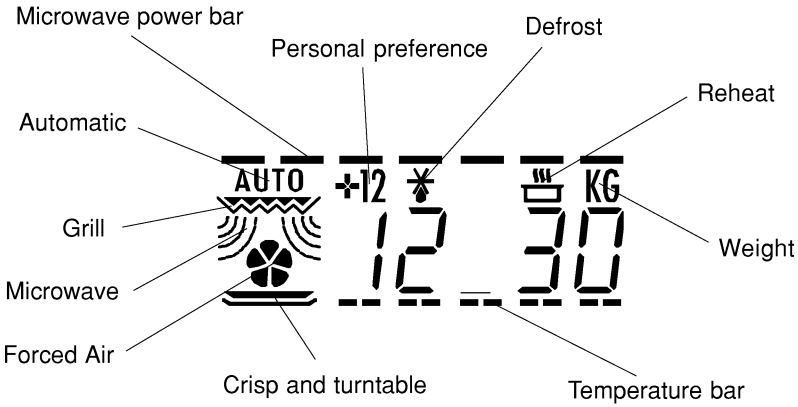
MANUAL DEFROSTING

This function is used for defrosting foods not included in the Jet Defrost function.

Follow the procedure for "How to cook and reheat with microwaves" and choose 160 W when defrosting manually.

Consult the defrosting charts in your cookbook for further advice on defrosting.

DISPLAY INDICATORS



HOW TO CHOOSE POWER LEVEL MANUALLY

MICROWAVES ONLY

Level		To be used for:
JET		Reheating of beverages, water, clear soups, coffee, tea or other food with a high water content. If the food contains egg or cream choose a lower power.
750 W		Cooking of vegetables, fish, meat etc.
650 W		Cooking dishes, not possible to stir.
500 W		More careful cooking e.g. high protein sauces, cheese and egg dishes and to finish cooking casseroles.
350 W		Simmering stews.
160 W		Defrosting.
90 W		Softening butter, cheeses and ice cream.
0 W		Setting the standing time.

MICROWAVES & GRILL

Level	To be used for:
90 - 160 W	Large cuts of meat
160 - 350 W	Fish
350 - 500 W	Poultry
500 - 650 W	Gratin's

MICROWAVES & FORCED AIR

Level	To be used for:
90 - 160 W	Cakes, bread, roasts
160 - 350 W	Baked fish, fish gratin's
350 - 500 W	Poultry
500 - 650 W	Large chicken, vegetables i.e. jacket potatoes, gratins.

Note: Some countries have a max limit of 350 W when using Forced Air combined with Microwaves.

NOTE: Never operate the oven empty when using microwaves

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GRILL

Use this function when cooking:
- Cheese toast & Hot sandwich
- Sausages
- Grill spit
- Pommes Duchesse
- Gratinated fruit

6th SENSE REHEAT

Use this function when reheating:
- Chilled ready made portions
- Frozen ready made portions
- Soups

GRILL & MICROWAVES

Use this function when cooking:
- Potatogratin
- Fishgratin
- Chicken pieces
- Lasagne
- Stuffed vegetables

6th SENSE STEAM

Use this function when cooking:
- Vegetables
- Potatoes
- Root vegetables
- Fish
- Rice
- Pasta
- Stews

JET DEFROST

Use this function for defrosting ONLY. Jet Defrost can only be used for very fast defrosting of frozen foods belonging to the 5 categories listed below. Use manual defrost for other foods or weights not listed.

1	2	3	4	5
MEAT (100 g - 2 Kg)	POULTRY (100 g - 3 Kg)	FISH (100 g - 2 Kg)	VEGETABLES (100 g - 2 Kg)	BREAD (100 g - 2 Kg)

Please consult the "Instructions For Use" - manual for more precise instructions on how to use this function.

QUICK GUIDE

1. **Press the Jet Defrost button** to select the food you want to defrost. To change the food selected, press the button again.
2. **Turn the Adjust button** to set the weight of the food.
— The weight of the food is shown in the display.
3. **Press the Jet Start button** to start the oven.
4. **Midway thru** the defrost process, the oven STOPS and prompts you to "TURN FOOD":
— Open the door.
— Turn the food.
— Close the door and restart by pressing the Jet Start button.

PLEASE NOTICE

To achieve perfect results it is NECESSARY to:
— Input, with the max. possible precision, the WEIGHT of the food selected.
— Turn the food when the oven prompts you to do so.

Automatic but less perfect results:
If you do not turn the food when the oven prompts you to do so, the oven will AUTOMATICALLY RESTART after 2 minutes. The oven then completes the defrosting process. The defrosting time will be longer in this case and the result will be less perfect than it would have been if you had turned the food when prompted to do so.

NOTE: Never operate the oven empty when using microwaves

FORCED AIR

Use this function when cooking:
- Cookies & Meringues
- Sponge cakes
- Rolls & buns
- Soufflé
- Roast meat
- Roast chicken

Cooking is done at a slightly lower temperature than conventional cooking. Chose aprox. 25°C lower than conventional cooking. Consult your cookbook for more information.

TIMER

The Timer is completely **independent** of all other functions and can be used at any time regardless of whether the oven is currently cooking or not.
1. Press the Clock button once.
2. Turn the Adjust knob.
3. Press the START button.

One press on the Clock button displays how much time is left on the Timer. It's displayed for 3 seconds and then returns to displaying the cooking time (If you are currently cooking).
To stop the Timer when it is operating in the background of another function, you must first recall the Timer to the foreground by pressing the Clock button and then turn the Adjust knob to zero or press the Stop button once.

6th SENSE CRISP

Use this function to quickly reheat convenience food.

FRENCH FRIES (250 - 600 g)	PIZZA'S (250 - 600 g)

FORCED AIR & MICROWAVES

Use this function when cooking:
- Baked fish
- Roast meat
- Roast chicken
- Sponge cake
- Puddings

Combined cooking needs higher temperatures. Chose aprox. 25°C higher than conventional cooking. Consult your cookbook for more information.

MANUAL CRISP

Use this function when cooking:
- Pizza
- Quiche & Pie
- Chicken halves or quarters
- Egg & Bacon
- Sausages
- Fruit cakes
- Snacks

The Crisp plate may be pre-heated before use (max 3 min).

TECHNICAL SPECIFICATION

Supply voltage	230 V/50 Hz
Rated Power Input	2700 W
Fuse	16 A
MW output power	1000 W
	H x W x D
Outer dimensions:	330 x 553 x 520
Oven compartment:	227 x 375 x 395

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